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CELEBRATING PRIDE MONTH

WITH SUPPORT FROM MAVEN

Pride month, observed annually in June, commemorates the Stonewall riots of 1969, which marked a significant turning point in the LGBTQ+ rights movement. Fifty-one years ago, members of the LGBTQ+ community in New York City resisted police harassment at the Stonewall Inn, sparking days of protests and igniting a global movement for equality.

On June 15, 2020, the U.S. Supreme Court issued a landmark 6-3 decision affirming that the prohibition on sex discrimination in Title VII of the Civil Rights Act of 1964 extends to discrimination based on sexual orientation and gender identity. This decision was not only a triumph for civil rights advocates but also a cause for celebration within the LGBTQ+ community, reaffirming the principle of equality under the law.

Pride month serves as an opportunity to highlight partners like Maven, who directly support the LGBTQ+ community and raise awareness of the challenges still faced by its members. Maven's commitment to expanding access to inclusive healthcare services reflects the spirit of Pride month.

For Maven, this means providing much-needed support and care for individuals on any path to parenthood. This includes helping LGBTQ+ individuals find providers who share their identity and understand their experiences, educating members to empower them to advocate for themselves in the healthcare system, ensuring easy access to specialized and affirming mental health support, and guiding individuals as they determine the best path forward for their unique needs regarding starting or growing a family. Additionally, Maven supports LGBTQ+ individuals throughout their journey, whether through adoption, fertility treatments, assisted reproductive technology, or surrogacy, providing assistance with agency, financial, and legal navigation.

Embracing the concept of "whole-person care," Maven prioritizes healthcare that takes into account a person's entire life, identity, and experience. As Pride month unfolds in Columbus and across the country, there are numerous ways to support the LGBTQ+ community. From attending Pride events and parades to volunteering with LGBTQ+ organizations and advocating for inclusive policies, individuals can contribute to creating a more welcoming and affirming society for all.

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FIVE WAYS TO SUPPORT LGBTQ+ YOUTH

RESOURCES FROM BLOOM

Parents and caregivers often grapple with numerous questions and challenges when fostering a safe and nurturing environment for a child identifying as part of the lesbian, gay, bisexual, transgender, questioning, or other (LGBTQ+) community. The family's beliefs, cultural customs, school environment, and broader community all significantly influence a young person's comfort level in discussing their gender and sexuality. [Research](#) underscores the critical role of family acceptance in reducing the risk of negative physical and mental health outcomes among LGBTQ+ youth.

It's imperative to prioritize the mental health of LGBTQ+ youth, considering the alarming statistics surrounding their well-being. [Studies](#) consistently show that LGBTQ+ youth are at higher risk for depression, anxiety, self-harm, and suicidal ideation compared to their heterosexual and cisgender peers. For instance, LGBTQ+ youth are more than [four times as likely](#) to report suicidal ideation and attempts compared to their heterosexual counterparts. Moreover, transgender, and nonbinary youth face heightened levels of discrimination, harassment, and violence, which further exacerbates mental health challenges.

In light of these statistics, caregivers can take proactive steps to support LGBTQ+ children:

1. Learn About LGBTQ+ Language: Educating oneself about LGBTQ+ terminology and identities is crucial in fostering understanding, compassion, and respect. Understanding terms like gender identity, sexual orientation, and gender dysphoria can facilitate meaningful conversations and affirm the child's identity.

2. Use Name and Pronouns: Respecting a child's preferred name and pronouns demonstrates acceptance and validation of their gender identity. While adjusting to using new names and pronouns may be challenging, it's essential to prioritize the child's comfort and autonomy in self-expression.

3. Avoid Assumptions: Challenging societal assumptions about heteronormativity and cisnormativity by using gender-neutral language promotes inclusivity and affirms the child's identity. Creating an environment where LGBTQ+ identities are normalized fosters a sense of safety and acceptance.

4. Check Out LGBTQ+ Affirming Books: Books can serve as powerful tools for educating children and families about LGBTQ+ experiences, combating stigma, and promoting healthy relationships. Accessing literature that reflects diverse identities and experiences can foster empathy, understanding, and acceptance.

5. Spend Time in LGBTQ+ Inclusive Spaces: Supporting LGBTQ+ youth involves creating inclusive environments in schools, communities, and healthcare settings. Access to affirming spaces and supportive social networks is essential for the well-being and development of LGBTQ+ youth.

Organizations such as [The Trevor Project](#), [GLSEN](#), [Trans Youth Equality Foundation](#), and [The Human Rights Campaign](#) provide invaluable resources, advocacy, and support for LGBTQ+ youth and their families. Additionally, ThriveOn and Franklin County Cooperative offer access to [Bloom: Supporting You in Growing Kids' Mental Well-Being](#), a free and confidential resource tailored to parents and caregivers. Bloom provides comprehensive support and guidance to navigate the unique challenges faced by LGBTQ+ youth and their families, promoting mental health and well-being. To begin your journey with Bloom, [click here](#) and register your account using code **BLFC01**. Together, we can create a more inclusive and supportive environment for LGBTQ+ youth to thrive.

[LEARN MORE](#)



COMMEMORATING JUNETEENTH IN COLUMBUS

HONORING HISTORY, CELEBRATING RESILIENCE

June is also a time to commemorate the historical significance of Juneteenth, which marks the emancipation of enslaved people in the United States. Although officially recognized as a federal holiday in 2021, Juneteenth's roots trace back to 1865, following the conclusion of the Civil War.

On December 31, 1863, known as "[Freedom's Eve](#)," enslaved and free African Americans congregated in churches and homes, anxiously awaiting news of their liberation under the Emancipation Proclamation. While the proclamation had been issued, not all enslaved individuals were immediately freed due to challenges in implementation. In Texas, the westernmost Confederate state, emancipation arrived later on June 19, 1865.

[Juneteenth](#) gained significance when approximately 2,000 Union troops arrived in Galveston Bay, Texas, on that pivotal day, delivering the long-awaited news of freedom. The troops announced the emancipation of more than 250,000 enslaved black people through an executive decree. This momentous occasion, now celebrated as Juneteenth, held profound significance for newly liberated individuals in Texas and served as a beacon of hope for African Americans across the nation.

To celebrate Juneteenth in Columbus, there are various [events](#) and [activities](#) that the [community](#) can participate in. From educational workshops and historical tours to cultural festivals and community gatherings, there are numerous ways to pay tribute to this important day. Additionally, supporting local Black-owned businesses, attending Juneteenth parades or concerts, and engaging in discussions about racial justice and equality are meaningful ways to celebrate and honor Juneteenth in Columbus.

Join us in commemorating Juneteenth and

celebrating the resilience, strength, and cultural heritage of the Black community in Columbus. Together, let's honor the past, celebrate the present, and work towards a more equitable and inclusive future for all.



WORLD BLOOD DONOR DAY

[JUNE 14, 2024](#)

World Blood Donor Day on June 14th annually commemorates voluntary blood donors' vital role in saving lives. Since its establishment in 2004, it's a global event aimed at raising awareness about the importance of blood donation.

The [American Red Cross](#) plays a significant role in the nation's blood supply, contributing about 40%. Volunteer donors help ensure safe blood for various medical needs, including for new mothers, premature babies, cancer patients, and accident victims. Individuals can support World Blood Donor Day by becoming voluntary blood donors, encouraging others to donate regularly, volunteering with blood services, and participating in blood donation drives. Knowing one's blood type and spreading awareness about blood donation through social networks are also impactful actions.

Blood donation eligibility requires individuals to generally be in good health, aged 18 to 65, and weigh at least 110 pounds. Criteria may vary for specific donation types. Health conditions, recent tattoos, and pregnancy or breastfeeding status can affect eligibility.

While blood donation has become more inclusive for the LGBTQ+ community with updated FDA guidelines, individuals on HIV prevention drugs may face temporary deferrals. For detailed eligibility information, individuals should consult [local blood services](#), which provide tailored guidance based on health conditions, medications, and travel history, ensuring safe donation practices.



MENOPAUSE INFO SESSION AND Q&A

WITH OHIOHEALTH'S DR. KOFFLER

Navigating menopause can be a challenging journey, filled with uncertainty and questions. To shed light on this transformative stage of life, OhioHealth presents an informative Menopause Info Session and Q&A with renowned obstetrician-gynecologist, Dr. Elizabeth Koffler.

Dr. Koffler, a board-certified expert with over two decades of experience, will provide invaluable insights into the intricacies of menopause. Drawing from evidence-based recommendations and her wealth of expertise, she will offer guidance on transitioning into this new phase with confidence and empowerment.

This session offers a unique opportunity to gain a deeper understanding of menopause and its effects on the body and mind. Whether you're experiencing symptoms or simply seeking knowledge for the future, Dr. Koffler's expertise will leave you feeling informed and prepared.

Join us on Thursday, July 25th, from 11:30 am to 12:30 pm for this enlightening event. You can attend in person at Meeting Room A on the 1st floor of Government Tower (369 S. High St) or join virtually by [registering online](#).

Don't miss this chance to learn from one of OhioHealth's esteemed physicians and take the first step towards embracing this new chapter of life with confidence. This session is an exclusive opportunity just for Franklin County Cooperative members.

[REGISTER NOW](#)

ATTEND AN UPCOMING WEBINAR

Join us every month for a series of engaging educational webinars brought to you by Franklin County Cooperative and ThriveOn, featuring a diverse range of topics including nutrition, financial support, health-related discussions, and much more from our trusted vendors.

Enrich

Public Service Loan Forgiveness Webinar Wednesday, June 26 at 12pm

As a public sector employee, you may qualify for Public Service Loan Forgiveness, which, if used correctly, forgives a portion of your student loan debt after 10 years. Enrich will talk about the qualifications, how to get the most debt forgiven, tips and tricks, and more!

[REGISTER NOW >](#)

Healthy Lifestyle Programs

The Non-Diet Approach to Health

Thursdays, July 11-25 | 5-5:45pm | Complete 2 of 3 sessions for credit

Dive into how to leave the cycle of dieting and fuel your body with nutritious foods that also satisfy! Learn to identify what a non-diet approach looks like, discover practices to promote your health over a lifetime and gain freedom from the restrictive nature of diet culture.

[REGISTER NOW >](#)

OhioHealth

Menopause Info Session and Q&A with Dr. Koffler Thursday, July 25 from 11:30am - 12:20pm

Menopause can be a challenging and confusing process to navigate. Join obstetrician-gynecologist, Dr. Elizabeth Koffler as she shares valuable insight into the intricacies of menopause. Together, hear evidence-based recommendations and expert advice on transitioning into this new stage of life, leaving you feeling empowered and confident. Don't miss this opportunity to learn more and participate in a Q&A session at the end. Join in person in Meeting Room A on the 1st floor of Government Tower (369 S. High St) or register to join virtually.

[REGISTER NOW >](#)